

## Masurka

This version is from the eastern part of Norway, Østlandet, and the styling is from Gudbrandsdal.

Source: Egil Bakka, Danse Danse Lett Ut På Foten, Noregs Boklag, Oslo 1970. Also Noregs Ungdomslag's Teacher Training Course, Fana 1976.

Record: Any masurka on a gammeldans record.

Music: 3/4.

Steps: Masurka step, polkamasurka change-of-step, basic 3/4 turn for the man (left-together-right). In the masurka turn, the woman uses a right masurka step dancing the RLR to the right and forward and the last L somewhat backward and to the left.

Starting position: Couples with waist-upper arm position, man with his back to the center. I have also seen it with shoulder-waist position. (AC).

### Figure

- A Dance masurka steps to the side, counterclockwise around the room. Man dances to his left, woman to her right.
- B Rotate 1/2 turn counterclockwise using one polkamasurka change-of-step. Count 1 is often accented with a stamp by the man. This figure normally occurs on measure 4 or 8 of a musical phrase, i.e. at the end of a phrase. Man starts with the left foot, woman with right.
- C Dance masurka step to the side, man to his right, woman to her left. Woman is on inside, so they proceed counterclockwise around the room.
- D This is the same as B with opposite direction and footwork, i.e. rotate clockwise and man begin with his right foot.
- E Rotate clockwise with the masurka turn, one turn per measure. Man uses left-together-right and woman does right masurka step.
- F This must be preceded by A-B. Rotate counterclockwise, still progressing counterclockwise around the room. Use two measures to rotate once. The step is polkamasurka step, except that travelling occurs primarily on the third count. This travelling is straight forward or backward. On the first measure of this sequence, the couple makes only 1/4 turn so that the man steps backward on his right on count 3 and the woman steps forward on her left. The transition out of F is not defined; do it in whatever manner is comfortable.

### The dance

The dance varies freely between turning counterclockwise and clockwise, but the masurka to the side is usually danced between turns. Examples of common sequences:

A+B+C+D+E+A+B+F

A+B+C+D+A+B+C+D

A+B+C+D+A+B+F

A+B+C+D+A+E

Alix Cordray